

# White Water Canoeing: 'Feeling So Great, So Free'

By NANCY RODGERS

Lightning, children playing too close to the edge of the ledge at a cave entrance, a wet, slippery embankment - this was not what I had expected on our first canoe trip on white waters.

The unknown produced a mountain of questions and fears. But neither my four- and six-year-old boys nor I questioned anything as

common as rain. It came and brought excitement for the children and fears for their mother.

The drive from Luray to Shenandoah River Outfitters was a treat in itself. A rough, winding road convinced us we were lost, but when a deer appeared in front of the car the boys soon forgot that mommie may not know the way.

Once we arrived at the outfitters we learned that a young couple, in their early twenties, would be canoeing with us. An instant friendship formed between all. The six-year-old immediately wanted to go in their canoe. Maternal instinct brought a quick "no" from me.

Our guide, Joe Sottosanti, owner of Shenandoah River Outfitters, is a champion east

coast white water canoeist. This reinforced my feeling that we all should stay together.

We equipped ourselves with life jackets--the children, of course, had to have jackets "the color of my room"--a pack, canteen, and paddles. Finally, we were launched, and the long-awaited trip became a reality.

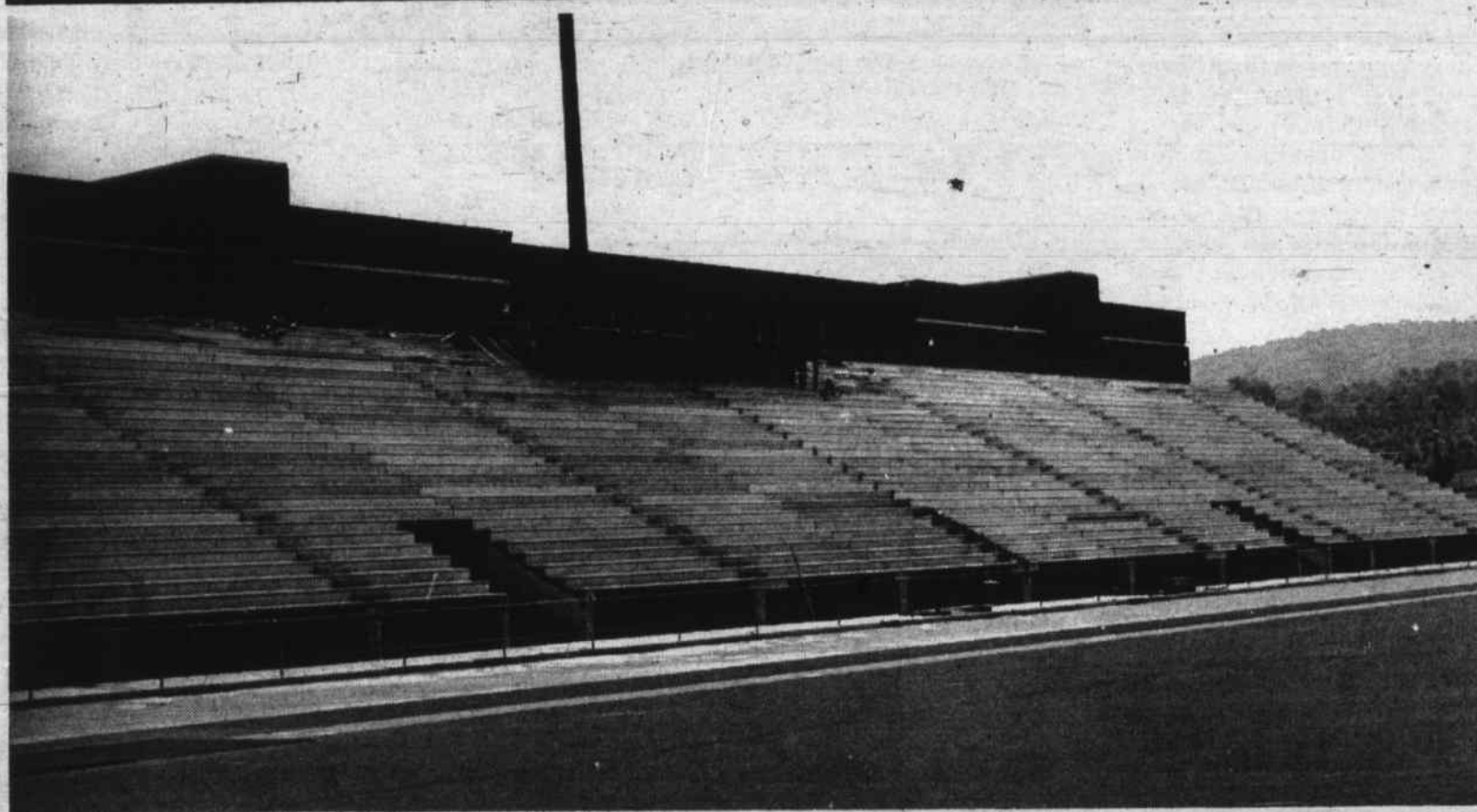
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## The Breeze

Vol. LI

Madison College, Harrisonburg, Va., Wednesday, July 30, 1975

Summer No. 7



### Climbing High

The stands at Madison College's sports stadium move closer to completion in time for the opening of the September season. The completed structure will add 5,476 seats to those of the existing wooden bleachers, bringing the stadium's total seating capacity to more than 8,000. A concession stand will be

added at the rear of the stadium, and a two-story press box will be constructed at the top of the structure. The entire project will cost an estimated \$366,479, according to Fred Hilton, assistant to the vice president for public affairs.

## Many 'Afraid' To Seek Counseling

By STEVE WILSON

Many people are afraid to go to the Madison College Counseling Center because society still places a stigma on the person who receives help from a psychologist, according to Dr. Jon W. McIntire, director of the counseling center.

The Counseling Center provides personal, educational and vocational counseling for the students, faculty and staff of Madison College, according to McIntire.

It offers a variety of individual counseling, group work and testing, McIntire said.

The staff at the center does its best to put the student at ease, he said.

Typically, the counselors deal with problems such as poor relationships with roommates, low grades, and lack of motivation in studies. Sometimes people come in

just interested in learning more about themselves, McIntire said.

The Counseling Center offers such group sessions as committed couples groups, self-concept awareness groups, and career decision groups.

Dr. McIntire said that people who come to the counseling center are not sick. "They are normal people with normal problems," he said.

Another aspect of counseling that people don't understand is that the client usually feels worse before he feels better. Dr. McIntire said that that is expected in the counseling process.

There are four full-time psychologists, one study-skills coordinator and a consulting psychiatrist now staffing the counseling office.

The psychiatrist, McIntire said, helps the counselors develop their counseling skills. "Even though I am out

of school, my education never ends," Dr. McIntire said.

The counselors also help people with educational problems. Typically, this includes the student who wished to develop study skills, the student with poor grades

or one who is having problems dealing with school, according to Dr. McIntire.

The center also helps students with career decisions.

Dr. McIntire said that a lot (Continued on Page 2)

## The 'Myth' In Teaching Discussed

By DEBBY TODD

Student teaching encourages the "myth," said a high school teacher and Madison alumnus, because teaching is so often portrayed as a "beautiful experience."

Casey Carter, a 1970 Madison graduate, is talking about the myth that surrounds the teaching profession.

One view is that of the happy, well-adjusted, beloved teacher, according to Carter. Television teacher Lucas Tanner is a perfect example, she said, of the stereotyped image people have of teachers.

"Teaching is a highly respected profession in our society," Carter said, "and therefore many people want to become teachers." Unfortunately, according to Carter, they all don't realize the problems that can arise in the secondary school classroom.

Discipline is one of the problems that beginning teachers will have to face, said Carter. The discipline problem seems to be greater in urban and city schools, she said. She did her student teaching at Fort Defiance High School and then taught

(Continued on Page 2)

## SGA 1975 Budget Completed

By RICHARD FREY

The Madison College Student Government

Association has made final its 1975-76 budget, appropriating \$133,500 of \$140,000 in total funds.

Some \$6,500 is being held until September when the Chrysalis will renew its budget request. The Chrysalis budget had been tabled by the 1974-75 finance committee of the SGA.

This year's organizational requests showed an increase of about \$46,000 over last year, with the biggest increases

sought by the Campus Program Board, The SGA and The BREEZE.

The CPB request of a \$13,000 increase was due to a predicted decrease of revenues because of its policy to make campus activities available at reduced rates to students. The request was denied, but the CPB funds were increased \$1,405, to \$54,000 next year. With its request denied, the CPB will be operating with \$132,000, \$16,000 less than last year's \$148,000.

The SGA's budget request

was cut \$12,000, second highest of all budget cuts. The approved budget, however, shows an increase of \$5,000 over 1974-75, the biggest increase received by any organization. The SGA will receive \$17,000 in 1975-76.

The budget requested by The BREEZE was cut \$10,000, from \$28,000 to \$18,000. The BREEZE will receive \$3,000 less in 1975-76 than it did in 1974-75.

The National Student Lobby was not given any money for 1975-76. No reason

(Continued on Page 4)



# American Studies Committee Preparing for Bicentennial

By STEVE WILSON

It is July, 1975, and bicentennialism is everywhere. Everyone is out to do his thing for the revolution.

There is a national bicentennial commission and a "people's" bicentennial commission. There are bicentennial minutes and bicentennial moments. The federal government is even minting special bicentennial coins.

With all of this interest in America, The BREEZE decided to talk to someone who makes his living studying the United States. So we asked Dr. Cameron Nickels why he studies America. "It's fun," he said.

Dr. Nickels, along with Dr. Sidney Bland, administers the American Studies minor program at Madison College.

The American Studies minor is an interdisciplinary program that is run by a committee, Nickels said.

The committee includes Dr. Martha Caldwell of the art department; Dr. William O'Meara, philosophy; Dr. Russell Farnen, political science; and Dr. Elmer Smith, anthropology.

Nickels said that the list of acceptable courses in the catalog is almost immediately out of date because of the number of new courses in the different departments.

A course can be used in the American Studies program if it is focused "primarily and fundamentally on American Studies," according to Nickels.

## Hawaii Trip Set by CPB

Surf, sand and sun will take the place of snow and slush for students who decide to spend a New Year's week in Hawaii this winter under the sponsorship of the Office of Student Activities and the Campus Program Board.

The holiday trip will run Dec. 30 through Jan. 6.

Arriving at Honolulu after an economy jet flight from Washington's Dulles Airport, travelers will receive the traditional lei greeting—and a week's freedom in Waikiki.

In addition to air fare and the lei welcome, the \$387 trip price will include accommodations for seven nights at the Hale Aloha Towers hotel in Honolulu and transfer and luggage handling fees.

Not included are meals in Hawaii, a \$6 U.S. departure tax, baggage insurance, and personal items.

A \$50 deposit is due on or before Sept. 25, with the \$337 balance due by Nov. 15.

More information concerning the trip is available from Jim Logan at 6321, or Jerry Weaver or Dan Wood at 6217.

The program committee is now preparing a seminar-type course on American Studies, Nickels said.

The typical American Studies student is a liberal arts major, probably in

History or English, Nickels said.

There would be a good possibility that the typical student in the program has a double major, according to Nickels.

He said that the American Studies student is interested in a great many diverse areas, but is looking for some way to bring all of these interests together.

The American Studies department at Madison has a budget of \$500 or \$600, according to Nickels.

The money is used for such things as brochures, speakers, faculty travel or institutional memberships in appropriate organizations, Nickels said.

Nickels said the program has traditionally been administered and funded, and most of the courses have come from the History and English departments.

Now, he said, there is a trend for more contributions from the anthropological and sociological areas.

Because the American Studies program is an interdisciplinary program at many schools there are some problems with politics, Nickels said.

Each academic department competes for the limited funds available. In some schools interdisciplinary programs such as American studies frequently do not have the clout to preserve their budgets from the more traditional academic departments.

Madison College does not have this problem, according to Nickels, who said the school has a very favorable attitude toward interdisciplinary programs.

## ★ 'Afraid'

(Continued from Page 1)

of the work the counselors do is in helping students come to grips with their identities.

Usually, college is the first time that the student is able to define himself, McIntire said.

Before college, the student's parents defined him. Thus, we expect that a lot of the students who come here for the first time are going to have some difficulties dealing with the problem of self-concept, McIntire said.

The Counseling Center administers tests, such as the Graduate Record Examinations and certain types of interest tests. The tests are made up of situations and occupations that the student is asked to rate in terms of his interests.

A computer then scouts the interest trends on the test and that is reported back to the student, according to McIntire.

Dr. McIntire said that the records he keeps of his clients will not be released to anyone without the written permission of the client.

## Chairman Named

Dr. Harold J. McGee has been named head of Madison's Department of Special Education beginning this fall.

Dr. McGee is currently president of Piedmont Community College in Charlottesville.

He received his B.S. and M.Ed. from Old Dominion University, and his Ed.D. from the University of Virginia.

Dr. Larry Dyer, who was the department head last year, has assumed the directorship of the Virginia Project for the Early Education of Young Handicapped Children. He will continue teaching at Madison.

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## ★ Teaching 'Myth'

(Continued from Page 1)

English and Latin for two years at Robert E. Lee High School in Staunton.

"The whole tone at Fort Defiance was different from that at Lee," Carter said.

A problem that new teachers must face is that of dress codes and how to enforce them.

Carter remembers one occasion at Lee where a student wore a hat in class, an infringement of the school dress code. She had not noticed the hat, she said, but the principal did and he came into the class to ask the student to remove it. The whole incident seemed rather petty at the time, she said, "because I hadn't even noticed the hat."

When asked about the drug problems in High Schools such as Lee, Carter said that teachers tend to ignore them. Instead, she said, the students will seek out a teacher that they feel they can trust.

College preparation for the reality of the classroom was not adequate when she attended Madison, according to Carter. Observations were good, she said, but observers only saw the "good classes."

Classes in classroom psychology or ways to handle classroom problems would benefit education students, said Carter. She also recommends that prospective teachers participate in more role-playing situations so they will get practice in handling difficult classroom situations. "Trying to handle classroom problems would be more helpful than just talking about them," she said.

Giving students some degree of choice in selecting their classes would also help some of the discipline problems, said Carter. She said she is confident that the students will choose what they need, given such an option.

Experience in the classroom is probably the best way to dispense all myths about teaching, according to Carter, and she called it a "learning experience."

Carter is taking courses here this summer in order to become certified to teach journalism.

Editor's Note: Debby Todd and Casey Carter are Madison students enrolled in a newswriting course. The above story originated in an interview exercise.

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# Returning Student Says Youth Are More Mature

By MARY RICHARDSON

Today's college student is more mature than the college student of the 1960s, according to Dave West of Harrisonburg, and he would probably know.

West is one of the many men and women who, in the face of recession and high unemployment, are returning to college after working at a career for several years.

Six years after graduating from Parsons College in Iowa, West has enrolled at Madison College to sharpen his skills and to learn new ones. But he says the age difference between himself and other students doesn't bother him.

"College students today are much more mature," he said. Comparing the students he knows here at Madison to those he knew at Parsons, West said that students are more dedicated to their careers now and more sure of what they want to do.

"So many of the students before were only in college to avoid the draft," West said, adding that he doesn't miss the tumultuous sixties, characterized by riots, sit-ins and other anti-war demonstrations.

Asked about the difficulties involved in a return to the academic life after six years of working, Dave said that it only took him "about a month" to get used to studying again, and, although his assignments seemed at first to be hard and long, he has adjusted without many problems.

West decided to return to school when he was laid off from his job at a Harrisonburg travel agency. His original plan was to obtain teaching certification in history, but with increasingly bad prospects for teaching jobs, he decided to get a background in public relations.

Before coming to Harrisonburg, West served as administrative aide for Maryland State Sen. Edward Hall, who was then minority leader of the Maryland Senate.

After Hall failed to win reelection and West was without a job, he heard from a friend about a vacancy at a travel agency here, and was accepted for the job.

West said he did not find that job personally rewarding, as he had thought it would be, and he was not unhappy when he was laid off after only four months of work.

So West decided to enter Madison College, which he did in the Spring 1975 session.

And now, with two weeks remaining in the summer session, Dave is getting ready for a move to Sacramento, Calif., where he will work in a public relations agency—combining his political experience with his newly-acquired public relations knowledge.

(Editor's Note: Mary Richardson and Dave West are Madison students enrolled in a newswriting course. The above story originated in an interview exercise.)

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## Feeling Free

Canoeing the white waters can be an exhilarating experience, says BREEZE staff member Nancy Rodgers. The steady rise and fall of the canoe as it rushes through the rapids...the warmth of the sun on your

back...the spray of the water on your face...and the feeling of total freedom as you discover an entirely new way of getting back to nature.

## ★ White Water Canoeing

(Continued from Page 1)

At first the boys paddled as fast as they could, with Joe giving instructions. After 10 minutes, the four-year-old lost interest in this "so-called" fun and put his feet over the side into the water.

Tranquillity soon engulfed me as we canoed in the calm waters, watching for fish to jump, listening to the sounds of nature and viewing the mountains ahead. The boys' questions were left for Joe to answer—I was absorbed by nature.

The water parted at times around peaceful islands, with sandy shores, large trees, and tall grass. Spring water could be seen dripping from the cliffs. We stopped at one cliff and drank the cool, refreshing water as it ran down the end of a canoe paddle. What appeared to be crude was utilized with finesse.

Heavy, dark clouds suddenly appeared. We headed for a close-by cave, with precise instructions on how to tie-up canoes, what to take up to the cave, and how to climb to our shelter from the storm.

The cave walls gave protection on one side and overhead. The ledge offered

only a few feet of protection from a fall that would carry one many feet below to the waters.

The young couple and Joe,

## Takes Office

Dr. Z.S. Dickerson Jr., head of Madison College's Department of Business Education and Office Administration, has become president of the National Business Education Association (NBEA).

The NBEA is composed of more than 30,000 business and office education teachers in the United States, Canada and Puerto Rico, affiliated through five regional associations, the National Association of Business Teacher Education and the United States Chapter of the International Society for Business Education. The association headquarters is in Reston.

Dickerson, a member of the Madison faculty since 1958, is the immediate past president of the National Association for Business Teacher Education.

He was the recipient of Madison's Alumni Distinguished Faculty Award in 1974.

sensing my fears for the children's safety, soon had them occupied with "what the Indians used to do." Sharp rocks were found for whittling sticks and cutting string; smoke was produced by hitting rocks against the cave's wall; and a rock-throwing contest ensued.

An hour passed—the rains ended. Carefully we worked our way down the embankment to water-filled canoes. The canoes were quickly emptied and off we went to "Compton's Rapids," class three among white waters. Joe ordered all life jackets on and buckled.

A warning was issued: "Should we overturn, get out from in front of the canoe fast."

The rapids were swift. The bow of the canoe dipped and in came the water. Being in front, I took the appearance of a wet duck.

My spirits, however, were not dampened.

Childlike, I asked, "Can we do it again, the feeling is great, so free?"

By this time, the four-year-old was ready to retreat to a river bank with the other canoes, while mommie and his brother found their way back through the woods. Joe, balancing the heavy canoe over his head, said several times, "No, I really don't mind."

Exhausted, wet and dirty, we arrived at the pick-up point, four hours after the beginning of our adventure—looking forward to another, longer trip one day soon. With one exception, a four-year-old with reservations about this new thing called "canoeing."

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## Visitors Re-Elect Rector

The Madison College Board of Visitors has re-elected Francis Bell Jr. of Harrisonburg as rector.

Bell, president of Rockingham National Bank, has served on the Board of Visitors since 1972. He was first elected rector last year.

The Board also re-elected Martha S. Grafton of Staunton as vice rector. Grafton, former dean of Mary Baldwin College, has served on the Board since 1970 and was elected vice-rector last year.

The board passed a resolution aimed at studying the possibility of Madison College affiliating with an athletic conference.

Any conference the college joins should be "comparable to the Southern Conference," according to the resolution.

The college is currently an independent member of the National Collegiate Athletic Association. With the exception of soccer, Madison competes in Division II of the NCAA. Madison soccer falls into Division I.

In another resolution last week, the Board of Visitors praised President Ronald E. Carrier for "noteworthy and lasting contributions" to Madison College and Virginia during the past five years.

The Board also authorized Dr. Carrier to establish a five-year plan for the remainder of the decade. Carrier had previously reported that the goals of the five-year plan begun soon after he came to Madison in 1971 had been met.

Dr. Carrier reported that Fred Hilton has been named assistant to the vice-president for public affairs. Rich Murray will succeed Hilton as director of public information.

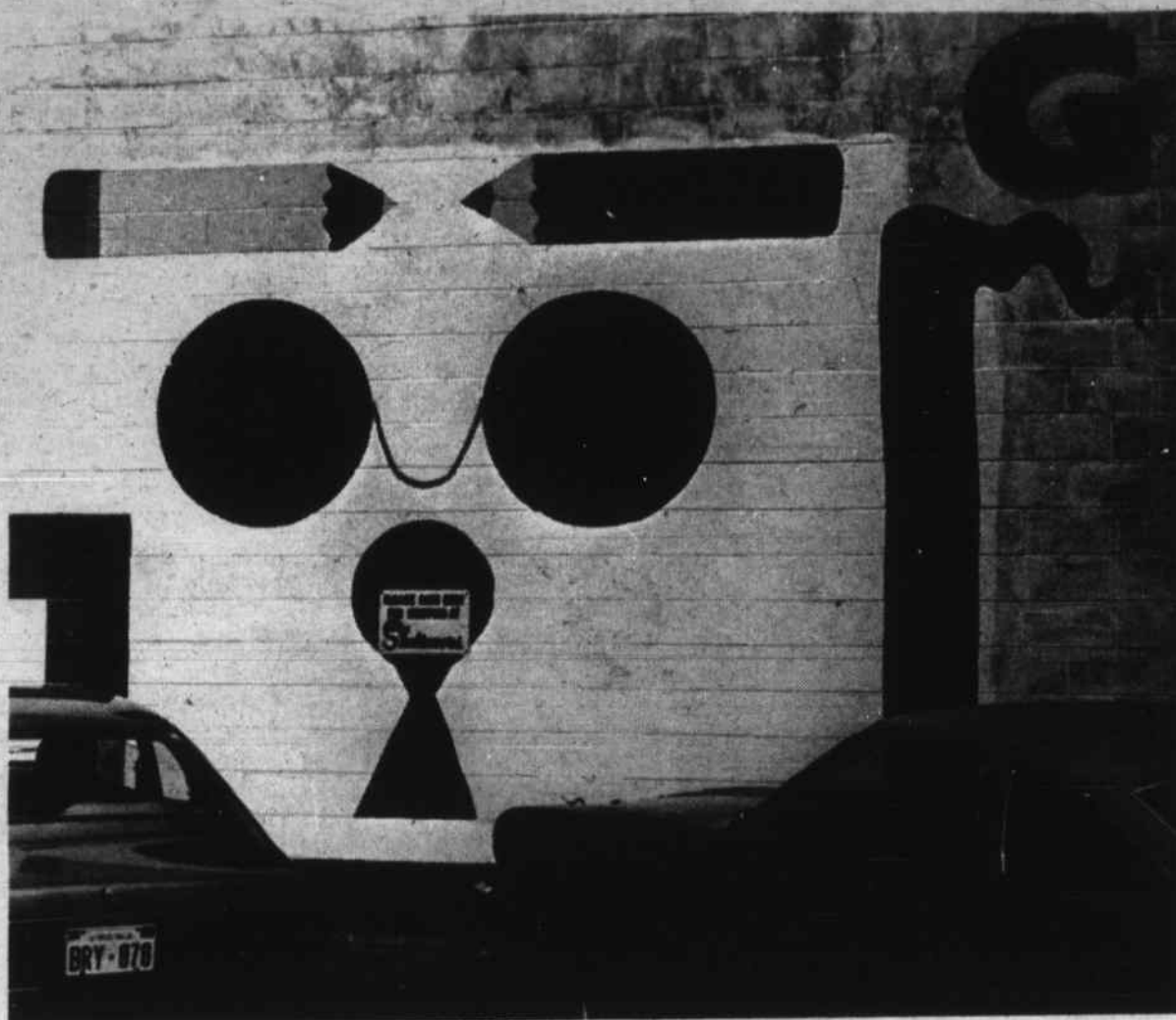
## ★ SGA

(Continued from Page 1) for the cut was made public.

The Bluestone was appropriated a little more than \$1,000 more than 1974-75. Its original request of \$35,700 was cut by \$4,650, to \$29,051.

The WMRA budget request was cut to a figure of \$451 more than last year. WMRA will receive \$6,521.

The Honor Council was granted its request of \$335 for 1975-76.



## A New Look

The wall of Service Stationers in downtown Harrisonburg takes on a new look as a result of a combination of artistic talents by youngsters participating in a summer project. The project, called "Community Graphics and Murals by Children," involved about 50 fourth, fifth and sixth graders who have been painting

murals at various locations around the area under the direction of Madison art professor Mary Snow. The project was developed in cooperation with the Virginia Commission of Arts and Humanities and the National Education Association.

## Commissioner Discusses Travel:

# Gas Prices 'To Affect Virginia Tourism'

By NANCY RODGERS

"It won't work!"—that was the answer.

The question: With gasoline prices that may go up to 90 cents a gallon, would Virginia consider using the railroads to carry visitors around the state?

Marshall E. Murdaugh, commissioner of the Virginia State Travel Service, said that the railroads could never be considered a major source of transportation.

Murdaugh, in the area for the dedication of a state travel service information center, was interviewed by The BREEZE about tourism in the Shenandoah Valley and in Virginia.

"People are spoiled," Murdaugh said. They are going to travel by car no matter the cost of gasoline.

Murdaugh said surveys indicate people will be traveling closer to home and spending less money on food and gifts.

Railroads don't have the connections, equipment, or

means of direct transportation to the many attractions and accommodations across the state, he said.

The average traveler will be placing more emphasis on educational gains, especially with the Bicentennial in 1976, Murdaugh said.

He said the number of tourists to the state in 1975 will exceed the 1974 figure and climb even higher next year. The state received more than one billion tourist dollars last year, making travel Virginia's number two industry, according to Murdaugh.

"I couldn't help overhearing," A gentleman from Pennsylvania had been listening to the conversation, and asked if he could say a few words about the problems of Virginia in promoting travel and tourism.

Rates are too high, especially in Williamsburg, he said. People will be informed

of cost before coming to the state.

The state, he said, should let the traveler know where the "side trips" can be found. Places of interest that will not cost over \$150 for three days, are what people are looking for.

He said, for example, the trip to the Skyline Drive and Blue Ridge Parkway should be advertised with other places of interest that don't cost much.

He agreed with Murdaugh that people will continue to travel, but will be more cost conscious.

Murdaugh said that individual attractions and accommodations, not the state, is responsible for advertising "packages." The state budget is allotted for advertising what there is to see—to inform

people about what the state offers, he said.

People will continue to travel, only habits will change if the price of gasoline continues to rise, Murdaugh said.



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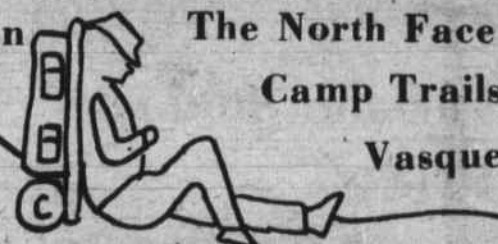
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